What are VariableTribe Challenges?

VariableTribe Challenges are structured programs designed to help individuals break unproductive habits, build discipline, and achieve personal transformation.

OUR RULES & GUIDELINES

1. **No Social Media:** If you haven't achieved your goals yet, social media is a distraction you cannot afford. Anyone actively using platforms like Instagram, Facebook, or Snapchat is not eligible and should delete them before joining. **Exception:** content creators may keep their accounts.

2. **Community:** After completing *1 full month* of challenges with consistency and discipline, you will be added to a **private VT community** (a circle of people who finish every challenge with zero excuses). If you miss challenges, you will be removed from the group.
   – Those who complete the **entire season** become our **Elite Members** and are permanently added to the **TOP 1% VT Family**.

3. **Honesty:** Be truthful about your progress, struggles, and mistakes. Growth begins with honesty.

4. **No Discrimination:** VT is unbiased. We do not discriminate based on gender, religion, or geography. If a member shows biased thinking toward any group, they are disqualified. Challenges test your mindset; if your thoughts indicate bias, you are removed.

5. **Who VT Challenges Are For:** We prefer individuals aged 20–28 who haven't achieved their goals yet but have the fire to succeed and contribute to the world. We generally avoid those still in the puberty stage, as they are not ready for the intensity of VT Challenges. However, we accept younger members (16–18) who show maturity beyond their age. If you are 16+ and believe you are different, you may apply; you will be asked a few questions, and if you qualify, you're in.

SHOUT
SHARE
IT
WAKE

6. How Challenges Are Designed: Throughout the journey, you will complete around **30 challenges**. Some last 1 day, some 2 days, and some 5 days. On average, the entire challenge season spans around **100 days**. Each day, you must stay mentally conscious of the challenge. Typically, you will need to spend about **2–3 hours per challenge** while staying mentally aware for the full 24 hours. Some challenges require more depth, so for those, you'll be given **5 days to 1 week**. If you dedicate 1 hour daily, you will complete them easily.
7. Certification: If you complete more than **50 days**, you are considered a **Top Performer** and will receive a **Completion Certificate** (without the Elite Certification Code). Those who complete the **entire challenge** become **Elite Performers** and receive a Certificate with a unique **Elite Code**. This code acts as a **verification ID** that can be entered on our website to confirm whether a member is Elite or a 50+ day Top Performer. If the code is invalid, the system will display "Invalid Code"; if valid, it will show the member's name and total days completed.

8. Can challengers rejoin New Seasons? Yes, but not immediately after the season they completed. The next season will not be very different, and old members must first apply what they learned in their own season. It becomes their time to grind and focus on their goals. However, they can rejoin after a gap of **2 seasons**. For example, if you are an an old challenger of Season 1, you cannot join Season 2 or 3; but you can join Season 4, 7, 10, and so on. Elite Members do not need to worry; they are already part of the **TOP 1% VT Family** and can ask their questions and doubts directly there.

9. Our Aim: To build a unique and completely free program unlike anything else in the world; one that provides more value than even paid programs. Each new season will continue to improve. Season 1 may have some loopholes, but Season 2 will fix them, and future seasons will keep getting stronger, sharper, and more transformative.

Join VT challenges